

**Keywords:** Supra-spinatus; Calcified lesions; Mesotherapy; Calcium chelating agent

Over a 7 months period, from January 2006 to July 2006, the study reviewed 35 patients with calcified shoulder's supra-spinatus tendinitis treated by calcium chelating agent injected via mesotherapy.

Median age is 47.4, mainly males (20 vs. 15 females), 18 right upper extremities, ten left upper extremities and 7 bilateral upper extremities. Age of calcified lesions were estimated at 8.5 months. Most patients completed the five mesotherapy sessions (average number of sessions is 4.5).

Study design included five mesotherapy sessions (D1, D8, D15, D29, D43). Patients were examined at D1, D29 or D43. Evaluation criteria were; digital pressure at calcified area, digital pressure of supra-spinatus tendon, active abduction of affected upper extremity, active antepulsion at 60 degrees, active maximum internal rotation of affected upper extremity against resistance.

**Findings.**—Eva went from 7.52 to 2.43, a 68% improvement. Pain at palpation and pain during muscular testing also improved by 69% and 65% respectively.

Fifteen patients recovered normal shoulder activity after rehab/physical therapy.

In 22 cases, follow up radiological studies were obtained at D120 (4 month); most cases (15) showing complete disappearance of calcified lesions; five cases with 50% reduction of calcified lesions; two cases with unchanged findings.

This treatment was well tolerated either general or locally. Overall satisfaction was reported by most patients (77%) with 74% improvement of quality of life. Eight percent (three cases) with complete treatment failure.

This treatment with this chelating agent may be offered as first line therapy in view of those reported findings and easy usage.

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### Treatment of pubalgia by mesotherapy, study of 51 cases



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**Keywords:** Pubalgia; Mesotherapy; Tendinomyalgia; Tenoperiosisitis

This epidemiological study is over 51 cases of pubalgia: pubic tendinomyalgia and insertions tenoperiosisitis concerning the adductors, the great rights, the obliques and the transverses on subject aged from 18 to 50.

The evaluation was made on the AVS at rest and after efforts (50 exercices of pedalo with the subject laying down his back), on the pain at the digital pressure palpation on the pubic tendinosis insertions, on the pubic symphysis, on the inguinal ring, on the mobilisation of the pubic symphysis, on the pain of isometric testing of muscles and at the stretching (valuation from 1 to 4).

We count 49 men, two women, all sportsmen, average age: 29.5 years old, age of the injuries: 4.5 months.

**Treatment.**— Acute time: lidocaine 1% + piroxicam + calcitonine 100 UI on the muscles insertions.

Lidocaine 1% + thioolchicoside on the rest of muscles.

Chronic time: vit C + vit E + calcitonine 100 UI on the muscles insertions.

Procaine 2% thiocolchicoside + magnésium on the rest of muscles.

Sessions D1, D8, D15, D30, D45, D60, D75 with an assessment at D90 (in average 4.49 sessions).

**Results.**— The AVS has gone from 3.98 to 0.9 at rest and 7.25 to 1.87 in effort. All the parameters of the evaluation have improved very sensibly by the treatment.

The local and general tolerance has been very good.

We notice almost 75% of good results, 14% average results and 11% of failures. Seeing those results but also because of its harmlessness and its low cost, this treatment by mesotherapy can be proposed in first intention.

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### Treatment of the tenosynovitis of the biceps brachii by mesotherapy. Over 61 cases



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**Keywords:** Tenosynovitis; Biceps brachii; Acutes; Chronic

This epidemiological study is over 61 cases of tenosynovitis of biceps brachii in extra articular part confirmed by scan on subjects aged 18 to 60-years-old.

The evaluation was made by the digitalis palpation on extra articular part, with a passive stretching, on the pain with a isometric testing and on the pain when rolling the muscle.

We count 36 men, 25 women, average age: 45.31 years old, 46 hurt on the right, ten on the left and five bilateral, age of the injuries: 37.5 days.

We can isolate two types of populations: 39 cases of sportsmen and 22 cases of patients presenting some degenerative pathologies post-operation or not.

**Treatment.**— Acute time: lidocaine 1% + piroxicam + étamsylate on the tendon. Lidocaine 1% + thioolchicoside on the muscle.

Chronic time: vit C + vit E + silicium on the tendon.

Procaine 2% thiocolchicoside + magnesium on the muscle.

Sessions: D1, D8, D15, D30, D45 with an assessment at D60 (in average 3.4 sessions).

**Results.**— We have to distinguish the acute cases of the young sporty subject where good results are 86.36%, average results are 9.09% and no results are 4.55% in one to three sessions, with the chronic cases degenerative or after a surgery of the shoulder, where results are longer and tougher with the need of three to six sessions with a very precise rehabilitation.

The local and general tolerance has been good. We observe three cases with post-injections hematoma and three cases of more pain the second day.

This treatment can be proposed in first intention to young sporty subjects and alongside a good rehabilitation for the degenerative pathologies.

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### Effects of the mesotherapy on the mobility of the shoulder in the impingement syndrome by tendinitis of supra spinatus over 54 cases



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**Keywords:** Impingement syndrome; Mesotherapy; Supra spinatus; Mobility

This study is about 54 cases of tendinitis of supra-spinatus with limitation of the abduction in an impingement syndrome of the shoulder treated by mesotherapy from July 2007 to July 2008.

The clinical exam enables to establish the diagnostic that will be confirmed by scan. The treatment will most of the time be done by mix technique (33 cases) en IDP by technique of point by point (0,1 ml by point AINS + lidocaïne + calcitonine) in front of the trochiterius and in IED by epidermic mesotherapy (myorelaxant + lidocaïne) in front of the muscle supra-spinatus.

The treatment is over four sessions: D1, D8, D15, D30. The evaluation is at D1 and D30.

The assessment criteria are the following: AVS, palpation by digitalis pressure of the tendon of supra-spinatus, isometric testing in abduction, rolling of the muscle, magnitude of the abduction et life quality (valued from 0 to 3).

The average age is 38.6-years-old, 34 men, 20 women.

The age of the injuries is 6.4 months, 34 sportsmen for 20 non-sportsmen.

**Results.**— The AVS has gone from 7.22 to 0.83.

The pain with the palpation has gone from 2.55 to 0.3, the pain during the muscular testing from 2.77 to 0.24, the magnitude of the abduction from 1.74 to 0.185 and the quality of life from 2.7 to 0.2.